Cape May County 4-H Fall 2020

Healthy Family Outdoor Challenge #4!

*Travel to the **South Cape May Meadows,** and try to spot a few of the bird species over-wintering along the one-mile walking trail. This preserve protects more than 200 acres of critical habitat along the Atlantic Flyway, which birds use to migrate every spring and fall. Spend some time this month exploring the trails this Nature Conservancy Property has to offer and see if you can spot some of the species listed below. If you have a pair of binoculars, they will definitely come in handy!*

Can You Find The…

- Bufflehead
- American Wigeon
- American Coot
- Turkey Vulture
- Ring-billed Gull
- White-throated Sparrow
- Ring-necked Duck
- Mute Swan
- Yellow-rumped Warbler
- Blue-winged Teal
- Hooded Merganser
- Canada Goose

- **Also be on the look out for Bald Eagles, Red-shouldered Hawks, & Red-tailed Hawks!**

Check out The Cornell Lab website https://www.allaboutbirds.org/guide/ to help you identify the birds you see and to learn more about them.

The Nature Conservancy South Cape May Meadows
Address: 692 Sunset Blvd, Cape May, NJ 08204
Hours: Open dawn to dusk
Link to website & trail map: https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/south-cape-may-meadows/

Share what you find with us by tagging Cape May 4-H on fb and use the hashtag #4hfamiliesoutdoors.

Bufflehead

Ring-necked Duck

American Wigeon

White-throated Sparrow

American Coot

Yellow-rumped Warbler

Turkey Vulture

Hooded Merganser

Blue-winged Teal